



Fat Into the Fire

DAVID MORROW

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Fat Into The Fire Finally revealed, the Simple Missing Links to Maximize Metabolism, Energy, and Yourself. The secret and the tools for the BEST way to get fit and stay fit. Not just another diet and exercise program - the means towards a more productive life. The only book of its kind. It is filled with cutting edge information. It is the COMPLETE method to:-Achieve excellent health-Become Fit and tone; Lose fat-Obtain high energy-Achieve an overall well being-Reduce and Control Stress Through years of intense research and testings, the author shares his discoveries as to why so many people have been unable to lose weight and keep it off. These discoveries are referred to as the Links and the Missing Links. Learn the links and achieve your fitness and diet goals. Through this very educational book, you will also learn how fitness can be fun and exhilarating. The book is packed with motivational, uplifting, and extremely informative quotes from leading authorities, to athletes and actors. Fat Into The Fire is a means to a more productive life filled with energy and happiness. This book is for ALL AGES and ALL LEVELS. The author's passion for a fit America has lead him to create this Fat Into the Fire program for you and start a non-profit organization to help all: <http://www.americaspersonaltrainer.org/>

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